

Fond du Lac Senior Center ... where friends meet! January 2013

~ Proudly serving the seniors in the Fond du Lac community for over 45 years! ~

JOIN US FOR A SPECIAL AFTERNOON

with musician

"Johnny Dough"

as he shares the musical legacy of the great Johnny Cash

Friday January 25

11 a.m. Social; Noon Lunch

American Legion Hall

500 Fond du Lac Avenue



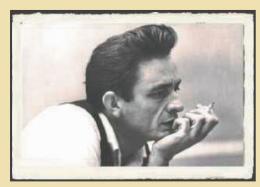
REMEMBERING THE MAN IN BLACK

"Johnny Dough" will be the entertainment at the Friends of the Fond du Lac Senior Center Annual Meeting. Although there will be a brief (about 20 minute) business meeting following lunch, the afternoon is really more of a party, including entertainment and a \$6 soup and sandwich lunch, catered by Entrée's on Trays.

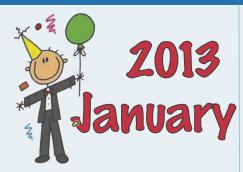
"Johnny Dough" will share the songs of the legendary "Man in Black.". Even if you aren't a Johnny Cash fan, this Johnny Cash tribute show is sure to win you over!

Registration is required for this event—see page 9 for registration form & other details.

Open to the public ~ All are welcome!



WELCOME TO THE FOND DU LAC SENIOR CENTER



A Free Monthly Publication Vol. 4 • No. 1

What's Inside

Notes & News	2
Senior Wellness Morning	3
Upcoming Programs	4-5
Happy Travelers	6-7
MPTC Computer Classes	8
Annual Meeting	9
Sponsors	10-12
Monthly Movie	12
Recreation	13
Health & Wellness	14-15
Senior Outreach	15
Red Hats Honeys / Craft Shoppe	,
Services / Reminders	16
Classes & Crops / Community	17
Friends Board Nominees	18
2013 Membership Form	19



Fond du Lac Senior Center

151 E. 1st St.
Fond du Lac, Wisconsin 54935
Phone......(920)322-3630
Emaildwinkelmann@fdl.wi.gov
Hours......M-F 8:00 a.m.- 4:30 p.m.

The Fond du Lac Senior Center provides equal services to all individuals 50 years and over, including those individuals with disabilities.

FREE TICKETS TO SCHOOL EVENTS

The Fond du Lac School District has generously sent the Senior Center ten complimentary tickets for admission to regular season athletic contests and music department concerts presented by district schools for the public. These tickets are to be used *by seniors* on a **shared basis**—anyone who is interested in attending a specific event may pick up a complimentary ticket at the Senior Center, use it for that particular event, and return it to the Center for use by others. The tickets are available for check out at the front desk.

FOR THE HEARING IMPAIRED

New Phones—Limited supply

Pickart Hearing Service of Fond du Lac has generously donated some amplified telephones for the hearing impaired. There are a few different models to choose from. The phones are FREE to anyone who has use for them—one per person—on a first come, first served basis. Inquire at the Senior Center's front desk.



DEALS*ON*MEALS

Pick up your **2013 DINE OUT COUPON BOOK** now and enjoy big savings all year through!

COST: \$5.00 includes 47 COUPONS with SPECTACULAR SAVINGS at 38 AREA RESTAURANTS



Discounts are good from January – December 2013

Purchase books in the Senior Center's This 'n That Craft & Gift Shoppe Also available for sale at: Central Barber, Fox Valley Savings Bank, KFIZ, Korneli's Main Street Express, Philly's on 4th and Pump 'n Pantry

Thanks to these local restaurants and businesses for their great coupon offers in this year's book (new participants appear in red):

Duffy's Steakhouse-Holiday Inn

A&W Drive-In
Ala Roma
Backyard Grill & Bar
Black Perl
Blanck's—Johnsburg
Blanck's Lake Aire
Big Al Capone's
Coliseum Bar & Grill
Cool River Sports Grill
Cousins Subs
Dairy Queen East
Dairy Queen West

Dillion's-Ledgeview Lanes

Eden Café & Eden Grill
Fat Joe's Bar & Grill
Fond du Lac Seafood
Gille's Drive-In
Gino's Italian Restaurant
King's Chef
Knights of Columbus
Korneli's Main St. Express
Main Exchange
Mancino's
Oak Central
Paddy's Pizza

Parrot Palms
Philly's on 4th
Pioneer Pit Stop
Pump 'n Pantry
Red Cabin at Green Acres
Schmitty's Bar & Grill
Sombrero's
Subway
Sunset Supper Club
Tuckers
Villa Palermo Café
Wendt's On the Lake

And SPECIAL thanks to **Grande Cheese** for their generous contribution toward the printing of this year's book.

HAPPY NEW YEAR and BON APPETIT!

SENIOR WELLNESS MORNING

Senior Wellness Mornings are held on the 2nd Friday of EVEN months from 9-11 a.m.

GOOD HEALTH... IT'S WITHIN YOUR GRASP Friday, February 8

9-10 a.m.

Health Screenings:

- Blood Sugar (Fast required)
- Blood Pressure
- Hearing

Health Info Booths: including

- Above & Beyond Care Solutions
- Aging & Disability Resource Center
- Agnesian Health Shoppe
- Heartland Hospice
- Good Vibrations

<u>Demonstration</u>: *Lillian's*—how to dress up your wardrobe with scarves

10-11 a.m.

<u>Speaker</u>: **Heather Schmidt**, Doctor of Osteopathic Medicine Agnesian HealthCare



Living a healthy lifestyle brings with it many positive

results. It's good to know that a healthy lifestyle can be accomplished by incorporating simple, inexpensive, and practical behaviors and modifications into our daily lives.

Join Heather Schmidt, D.O., a Fond du Lac Regional Clinic West family medicine physician, to learn more about Agnesian HealthCare's new Healthy Living Series. The Healthy Living Series

offers practical skills for eliminating stress, choosing high quality food, and incorporating gentle exercise and strength-building. Dr. Schmidt will also perform a cooking demonstration that includes healthy ingredient substitutions.

DOOR PRIZES • HANDOUTS • REFRESHMENTS

For planning purposes, call 322-3630 to pre-register.

February's Senior Wellness Morning is sponsored by



√Get Checked





Newsletter Crew

Editor	Oottie Winkelmann
Coordinator/	
Design/Writer	Judy Lange
Writer	Jean Holzman
Mail Coordinator.	Vivian Gorden
Labels	Darlene Lyness
Mail Crew	20+ volunteers!

Newsletter Deadline

The deadline for submission in February newsletter is Monday, January 7. Give information to Judy Lange.

Up-to-Date Information

Tune in to KFIZ-AM 1450 Monday mornings at 9:10 a.m. for the Senior Center report.



The One You Depend On www.kfiz.com

Dottie Winkelmann, Senior Center Director, is guest of Wade Bates on his *After Breakfast Show* on KFIZ 1450 AM every Monday morning. Dottie visits the radio station to give a report about upcoming activities and events at the Senior Center.

Newcomer Tour

Call 322-3630 if you would like a tour of the Senior Center and to learn about our programs and activities. This tour is for new members or those who have not been very active but want to find out more about the Center.

Leave a Legacy

You can leave a legacy by remembering the FDL Senior Center in your will. Your generosity will enable the Center to continue to provide quality programming, classes and services to the older adults in the FDL community. Please call Dottie Winkelmann, Senior Center Director, to discuss various ways that you can assist the Senior Center in fulfilling its mission.

UPCOMING PROGRAMS

BAGELS WITH A BROKER



FORMAT!

Hosted by: Ben Baertschy **Financial Advisor Edward Jones Investments**



Featured speaker each month

Have a bagel and chat with Ben on the 1st Monday of each month at 9 a.m. Ben will be joined by a different guest speaker each month to address a specific investment topic.

January 7: Dave Hrea from Lord Abbott

Topic: How diversification and rebalancing can help navigate your portfolio through retirement

February 4: Nicole Pretzel from Oppenheimer Topic: Benefits of dividend paying equity funds

March 4: Kathleen Gill from Franklin Templeton Topic: The current market and how stocks can compliment your portfolio

April 1: Keith Brennan from Prudential

Topic: Ideas for increasing income and adding longevity to your income in retirement

Bagels by "The Bagelmeister." Free to attend. Pre-registration is appreciated by calling 322-3630 or stop at the front desk.

FREE TAX ASSISTANCE

Call beginning January 21 to schedule an appointment

NOTE CORRECTION: In the December newsletter, the starting date was incorrectly stated as January 7.



The Fond du Lac Senior Center will be offering tax assistance again this year. Tax Aide will be offered on Tuesdays, Wednesdays, & Thursdays from 8:30 a.m. until 4:30 p.m. Appointments will be available from Tuesday, February 5 through Thursday, April 11. We will start accepting calls for scheduling appointments on Monday, January 21. To make an appointment, call the Senior Center at 322-3630 on or after January 21.

Volunteer Income Tax Assistance (VITA) and the Tax Counseling for the Elderly (TCE) Programs, administered through the AARP Foundation in cooperation with IRS, are designed to assist low to moderate income individuals and the elderly in preparing their personal income tax returns. Although there are certain types of tax situations such as rental property, farm or business income that are not covered by the Tax-Aide program, the trained volunteers will be able to assist most area residents. This is an AARP and IRS co-sponsored community service.

SISSON'S PEONY GARDENS

Thursday, January 24, at 1 p.m.

Betty Dahlke, Garden Restoration Chairperson

The Green Thumb Garden Club has partnered with the Senior Center for presentation about the Sisson's Peony famous Gardens in Rosendale, with speaker Betty Dahlke, Garden Restoration Chairperson.



This program is FREE and open to the public. Refreshments will be served. For planning purposes, please call the Senior Center at 322-3630 to register by Friday, January 18.

The Green Thumb Garden Club will hold their monthly meeting following the program. Interested gardeners are invited to stay for the meeting and learn what the garden club is all about.

WINTER FUN



Snowman Building—after the first big snowfall in January

Help us build a snowman for the residents of All About Life to enjoy looking at. The plan is to build and dress up a snowman (or more). If you would like to help, please call the Senior Center ASAP and put your name and phone number on the CALL ME list so that you will be notified of the date and time to meet at All About Life AFTER the first big snowfall. Enjoy some winter fun!

Snow Bingo-January 11

It's time for ODD BINGO again. Join us on Friday. January 11, for Health Screenings and a Healthrelated Video from 9-10 a.m. and then Snow Bingo from 10-11 a.m. The cost is 50¢ for 2 bingo cards. ALSO, bring a list of winter words (written out or typed) and if you have a word on your list that



matches the Wellness Coalition list of words, you could win CASH! Pick up a copy of the details of Snow Bingo at the front desk or listen to KFIZ on Monday mornings at 9:10 a.m.

Ice Skating—January 28

We'll be ice skating at the Blue Line Ice Arena on Monday, January 28, from 11 a.m.—Noon. The cost is \$3 for skating and \$2 for skate rental. This is open to all seniors and grandkids. Don't worry if you haven't skated in awhile, we'll have a private rink! Call the Senior Center to register.



These events are sponsored by the Senior Wellness Coalition.

UPCOMING PROGRAMS

JEFF KEMP'S INVESTMENT WORKSHOP

Mondays - February 25 through April 8, from 3:00 - 4:30 p.m.

Are you interested in making more informed decisions with your investments? Each spring, the community of Fond du Lac has a unique opportunity to get non-biased information on personal investing. Jeff Kemp, a financial educator from Oshkosh, comes to the Senior Center every March and April to present his financial workshop, a series of seven lessons. Jeff Kemp is a financial educator, not a broker or financial planner. He teaches personal finance classes at Oshkosh North and West High Schools, MPTC, UW-Oshkosh and Senior Centers in Oshkosh, Appleton, and Manitowoc, and offers his financial expertise free of charge as a community service. All information presented is non-biased. The course is designed to provide the fundamental investment basics needed to make more informed financial decisions.



Jeff will also be holding this same investment workshop at Moraine Park Technical College on Tuesday evenings at 6 p.m. starting January 8 and continuing through February 19. The class will be held in Room A-102 (across from the cafeteria). No registration required.

All ages and all levels of investors are encouraged to attend. The classes are FREE and open to the public. You do not need to attend all seven sessions – attend as few or as many as you like. If you have not done much saving or investing for your future or you would like to learn how to be your own financial manager, these classes are for you!

Topics include:

WEEKS 1 & 2: Investing in the stock market through mutual funds

WEEK 3: Bond investing

WEEK 4: Understanding what economic forces move markets

WEEK 5: Building a sound asset allocation

WEEK 6: Taxes and investing; exchange traded funds WEEK 7: How to build and manage your own portfolio

You need not attend all sessions - attend as few or many as you like. For planning purposes, registration is requested by calling 322-3630.

BOB ROSS PAINTING CLASS

Saturday, March 2 10 a.m.—4 p.m.



Cheryl Fisher, Certified Bob Ross Painting Instructor
Oil paints will be used to paint this picture. Paintings
will be ready to take home by the end of this class.

The painting that will be created in this class is "Wintertime Blues." Participants should bring a 16" x 20" canvas (preferably a Bob Ross or Frederick canvas – available at Michael's Craft Stores or Hobby Lobby); a smock, apron, or old shirt; and a roll of Bounty paper towels. Canvasses will also be available for a \$10 fee payable to Cheryl on that day (please indicate when you



sign up that you would like to purchase a canvass). Paint, brushes, and other supplies will be provided. This class is especially suited for beginners; you need no previous experience to participate. Participants will have a completed painting to take home and will have a day spent experiencing the true joy of painting. This is a different painting than the paintings that were done in the other Bob Ross classes – students who participated in those are welcome to participate again. The cost for the class is \$56.00 and must be paid at the Senior Center front desk at the time of registration. Space is limited, so if you would like to participate, register as soon as possible. Absolutely NO art experience needed. Explore your creative side!

HAPPY TRAVELERS

Doris Zimmermann. Travel Coordinator Mary Schneider, Travel Assistant & Escort

Call 322-3635

SIGN UP FOR THESE TRIPS AS SOON AS POSSIBLE • STOP IN & PICK UP A 2013 TRIP PRVIEW BROCHURE

Fasching Dinner Show

Sunday - February 10

Laack's Hall Sheboygan Falls, WI Cost: \$65





performances, dances and particularly when Sam the butcher

Vegetables, Black Forest Chocolate Cake and Beverage.

Leave: 11 a.m. Home: 5:30 p.m.



"Footloose"

Thursday – March 7

Fireside Theater Fort Atkinson, WI

Cost: \$95

First a popular film, and then a fabulous Broadway show, FOOTLOOSE is filled with high energy singing, heart-pounding rhythms, and ultimately some of Broadway's most spectacular dancing. This show brings audiences to their feet in a dazzling production featuring such hit songs as "Let's Hear it For the Boy," "I Need a Hero" and the well known title song. Includes a fabulous Fireside lunch.

Menu—Garden Salad, Freshly Baked Breads from The Fireside Ovens, Chicken Piccata: Charleston Rice flavored with Jones Original Recipe Sausage, Medley of Roasted Fresh Vegetables, Baked Cherry Streusel topped with Madagascar Vanilla Bean Ice Cream, Coffee, Tea and Milk

Leave: 8:15 a.m. Home: 6 p.m.

"The Cemetery Club"

Sunday - February 17

Memories Dinner Theater, Port Washington, WI

Cost: \$60

A witty and heartwarming comedy by Ivan Menchell

Join us for a fun afternoon of Three Jewish widows meet once a German food and music at month for tea before going to visit Laack's Hall in Sheboygan Falls their husband's graves. Ida is with the Dorf Kapelle. Capturing sweet tempered and ready to begin the traditional ethnic style of a new life, Lucille is a feisty the typical European village embodiment of the girl who just Band, Dorf Kapelle has thrilled wants to have fun, and Doris is audiences at festivals, stage priggish and judgmental, The Cemeters



concerts throughout Wisconsin. enters the scene. He meets the widows while visiting Menu: Smoked Pork Chops, Goulash, German Potato his wife's grave. Doris and Lucille squash the budding Salad, Mashed Potatoes, Sweet Sour Red Cabbage, Mixed romance between Sam and Ida and are guilt stricken when this nearly breaks Ida's heart.

> Menu—Buffet Dinner includes: Grilled Salmon with mango salsa, Baked Ham, Wild rice with craisins, Roasted Potatoes, Vegetable blend, Fluff, Ribbon salad with French dressing, Warm dinner rolls, Black Forest Cake

> > Leave: 10:15 a.m. Home: 5:30 p.m.

Nationwide Travelers' Spring Showcase featuring

Maggie Mae

Sunday - March 24

Fox Valley Lutheran School, Appleton, WI

Cost: \$57



Always Happy Travelers favorite, Maggie Mae never disappoints! Expect a toe-tappin' listening time country songs you know and love... Includes lunch.

Leave: 10:45 a.m. Home: 5:30 p.m.

ONEIDA CASINO DAY TRIPS

THURSDAY, JANUARY 31 COST: \$22 (NO MEAL STOP)

Includes: \$25 for gambling, bus transportation, & camaraderie! Leave: 10 a.m.; Home: 4:30 p.m.

THURSDAY, FEBRUARY 28 COST: \$54 (Dinner at VAN ABEL'S in Hollandtown)

THURSDAY, MARCH 28 COST: \$54 (Dinner at KODIAK JACK'S in Oshkosh)



PIGEON FORGE & SMOKY MOUNTAINS SHOW TRIP



Take in dazzling shows and the splendor of the Blue Ridge Mountains

Day 1: Depart your group's location in a spacious, restroom & video equipped motorcoach and head to the Smoky Mountains! Then, settle into a comfortable en route hotel for a good night's rest.

Take in dazzling shows

April 14—20 Sunday—Saturday (7 days)

COST: \$545 per person double occupancy \$725 single

TRIP INCLUDES:

- Motorcoach Transportation (restroom & video equipped)
- 6 nights lodging (4 consecutive nights in the Smokies)
- 10 meals: 6 breakfasts and 4 dinners
- Four evening shows: **SMOKY MOUNTAIN OPRY SHOW**, **THE CIRQUE DE CHINE SHOW**, **SMITH FAMILY SHOW**, **THE HATFIELD—MC COY DINNER SHOW**
- Two morning shows: PATTY WASZAK SHOW, COUNTRY JAMBOREE VARIETY SHOW
- GREAT SMOKY MOUNTAINS NATIONAL PARK guided tour
- Free time in **HISTORIC DOWNTOWN GATLINBURG**
- Visit the HENRY CLAY ESTATE in Lexington, KY

Day 2: Start with Continental Breakfast before departing for the Beautiful Smoky Mountains! Later, enjoy Dinner and check into your Smoky Mountain area hotel for a four night stay. This evening, the brand-new SMOKY MOUNTAIN OPRY SHOW brings the heart and soul of music onstage with its fabulous high-energy entertainment, featuring spectacular singing, outstanding choreography, &

Day 3: Enjoy a Continental Breakfast before brightening your morning with the PATTY WASZAK SHOW, as this talented entertainer wows you by playing an array of 30 instruments and fun-filled tunes. Later, there'll be time for some shopping. After Dinner, enjoy THE CIRQUE DE CHINE SHOW, an exciting blend of music, movement, costume, fantasy, and playfulness all wrapped up in one. Marvel at the superhuman tricks of the acrobats and

dancers, whose elegance and strength come to life in an action-packed production. This evening, relax at your hotel before another exciting day!

Day 4: Start with a Continental Breakfast, before heading off on a GUIDED TOUR OF THE GREAT SMOKY MOUNTAINS NATIONAL PARK. Afterward, enjoy free time in HISTORIC DOWNTOWN GATLINBURG. Then, take pleasure in a fabulous meal and a theatrical extravaganza at the HATFIELD-MCCOY DINNER THEATER with Blue Grass Country Music, singing and dancing with hilarious comedy and fun.

Day 5: Enjoy a Continental Breakfast before departing for the COUNTRY JAMBOREE VARIETY SHOW featuring the Blackwoods. You are in for a real treat when you meet this fabulous family, with their distinctive blend of talents. The Blackwood family has won 8

Grammy Awards, 27 Dove Awards, and 5 All American Music awards. Sit back and enjoy their harmonious sounds and hilarious comedy. This afternoon, you'll visit HISTORIC OLD MILL SQUARE with its unique shops. In the evening, you will enjoy a Dinner and Show at the SMITH FAMILY DINNER THEATER. A five-time winner of Best Show in the Smokies, you can look forward to an outstanding blend of classic country music, heartfelt gospel music, oldies rock-n-roll music, clean family comedy, and impersonations of famous stars you have to see to believe!

Day 6: Enjoy a Continental Breakfast at your hotel before leaving for **THE HENRY CLAY ESTATE** in Lexington, KY. Visit the beautiful home that Henry Clay and his wife resided in from 1806 until 1852. This evening, relax at your en route hotel.

Day 7: Today, after enjoying a Continental Breakfast, you depart for home... a perfect time to chat with your friends about all the fun things you've done, the great shows you've seen and where your next group trip will take you!

MPTC COMPUTER CLASSES

The Fond du Lac Senior Center is proud to partner with MPTC to bring you these computer classes. These classes are set up through Moraine Park Technical College and held in the Computer Lab at the Senior Center. The classes are taught at a relaxed pace and are open to ALL ages. **HOW TO REGISTER** Register at MPTC in person (C-1 Entrance) or by telephone at **922-8611**. Classes often fill fast—early registration is recommended. * **Bring a jump drive to class**.



COURSE #	DAY	DATE	WKS	TIME	HOURS	INSTRUCTOR	COST (62+)	COST (<62)
COMPUTER	COMPUTER BASICS 1*							
103-483-31411	M, T, W	January 7, 8, 9	3 days	9:00 a.m.—Noon	9 hrs	JoAnne Smith	\$4.00	\$33.23
103-483-31416	Fridays	March 22, 29, April 15	3 weeks	9:00 a.m.—Noon	9 hrs	Karen Beaman	\$4.00	\$33.23

Learn how to turn on equipment; what to expect once it is on; and how to use a mouse, run software and give commands to the computer. Hands-on experience is emphasized. This beginning-level course introduces basic computer information.

COMPUTER	R BASICS	3*						
103-490-31413	M, T, W	January 7, 8, 9	3 days	1:00—4:00 p.m.	9 hrs	JoAnne Smith	\$4.00	\$33.23

Learn how to browse and search web pages as well as send and receive email. Build on the skills learned in Computer Basics for Beginners 1& 2.

BEGINNING	DIGITA	L CAMERAS						
105-605-31436	Thursday	January 3	1 time	Noon—4:00 p.m.	4 hrs	JoAnne Smith	\$18.63	\$23.50

Examine the features of digital cameras. Learn the technology and jargon associated with digital cameras such as "megapixel" and "flash memory." Experiment with different types of digital cameras and learn how to share your digital photos with friends and family by e-mail and over the Internet.

INTERMEDI	ATE DIG	ITAL CAMERAS						
105-609-31438	Friday	January 4	1 time	9:00 a.m.—1:00 p.m.	4 hrs	JoAnne Smith	\$18.63	\$23.50

Discover tools to improve both your digital pictures and your digital photography skills.

PINTERES	Т							
103-669-31482	Friday	January 4	1 time	2:00—4:00 p.m.	2 hrs	JoAnne Smith	\$11.31	\$13.75

Learn about this popular web sharing service that allows members to "pin" images, videos and other objects to their pinboard. Pinterest lets you organize and share beautiful things you find on the web. People use pinboards to plan weddings, decorate homes, and organize favorite recipes. Learn to browse friends' pinboards and get inspiration from others who share your interests.

COMING THIS SPRING—NEW CLASSES:

Setting up a Facebook Profile ● Is the iPad for you? ● Introduction to Using the iPad

YOGA OFFERED THROUGH MPTC

BEGINNING YOGA

Learn the essentials of yoga practice; breathing techniques, safe and relaxing yoga stretches, basic yoga postures, and guided relaxation techniques. This class meets at the Senior Center. Please bring a yoga mat or blanket. Instructor: Jeanie McDowell

Cost for the 6-week session: Age 62 or over—\$25.94; Under 62—\$33.25

Course #: 807-600-31445 Course #: 807-600-31446

Dates: Thursdays—March 7, 14, 21, 28, April 4, 11 Dates: Thursdays—April 18, 25, May 2, 9, 16, 23

Time: 10:30–11:30 a.m. Time: 10:30–11:30 a.m.

Register for these classes at MPTC in person (use the C-1 Main Entrance) or by telephone at **922-8611** (ask for registration desk). You will need the course number when you call MPTC. This class has a 10 student limit, so prompt registration is encouraged.

FRIENDS ANNUAL MEETING

Friday January 25

11:00 a.m. Social Hour Noon – Luncheon

American Legion

500 Fond du Lac Avenue

MENU: Soup and Sandwich Lunch

Your choice of sandwich: Sloppy Joe OR Hot Shredded Turkey Your choice of soup: Stuffed Potato OR Chili Dessert & Coffee; cash bar available

Cost: \$6 per person



Join us for a full afternoon of fun that includes:

- Social Hour—cash bar available
- Soup & Sandwich Lunch
- Friends Board Election & Meeting
- Entertainment: "Johnny Dough" Johnny Cash Tribute Artist
- Door Prizes

Return this reservation form to the Fond du Lac Senior Center COST: \$6.00 per person – No refunds	r by January 18. Please make chec	ks payable to: FRIENDS, INC.
Name (Guest #1) Choose (circle) ONE sandwich: SLOPPY JOE or Choose (circle) ONE soup: STUFFED BAKED POTATO		
Name (Guest #2) Choose (circle) ONE sandwich: SLOPPY JOE or Choose (circle) ONE soup: STUFFED BAKED POTATO		
FOR OFFI Amount Enclosed: \$ Check #	CE USE ONLY————————————————————————————————————	

R SE Bertram, ц.с The Fond du Lac Area = Retirement Planning & Investment Resource

Call now for a complimentary consultation 920-922-9720

ties and Advisory Services offered through Woodbur Financial Services, Inc. Member FINRA, SIPC Bertram, LLC and Woodbury Financial Services, Inc.

Darlene Hoffmann, Mgr.



\$24.99 ROAD TRIP SPECIAL

www.calvarycemeteryfdl.com

10% SENIOR DISCOUNTS ON ANY LABOR



470 N. Rolling Meadows Dr 907-2000

◆AGNESIAN (

327 Winnebago Dr., Fond du Lac • (920) 926-5277



5% Senior Discount

3 Great Fond du Lac Locations to Serve You

969 F. Johnson St. (next to Festival Foods)

W6606 Hwy 23W (across from Menards)

81 W. Pioneer Rd (next to Pick 'N Save South)

STERLING HOUSE

BROOKDALE SENIOR LIVING

STERLING HOUSE FOND DU LAC

Personalized Assisted Living (920) 924-7775 www.brookdaleliving.com

Estabrooks CEMETERY Estabrooks Cremation Gardens

Choice lots available at reasonable

INDOOR DRIVING RANGE

OPEN: NOV. 15-APRIL 15

Golf Simulator

(920) 923-1625

Conveniently located at

HOERTH STORAGE

74 Halbach Ct., FDL **JERRY TIGHE**

ROOFING CO.

INC.

922-7246

prices in a peaceful, beautiful setting on Esterbrook Road.

Call Richard Nast (Sexton) 1-920-922-0014

KNIGHTS OF COLUMBUS

www.kofc.org

Mary Hietpas

920-923-4433, Office 920-960-8422 Cell 1028 S. Main Street • Fond du Lac mary@adashunjones.com

MLS

Assisted Living and Memory Care Services

Walnut Grove Assisted Living

597 Kingswood Avenue Fond du Lac, WI 54935

(920) 924-5715

Walnut Grove Memory Care

154 South Pioneer Parkway Fond du Lac, WI 54935

(920) 921-3993

www.walnutgrove assistedliving.com



BRIDGING CARE AND COMFORT



Affordable Care In Your Own Home

(920) 624-CARE (2273)

www.AcaciaCares.com

ISABELL M. MUELLER

Attorney at Law 19 E. 1st Street Fond du Lac WI 54935

(920) 960-9552

- Estate Planning
- Wills and Probate
- Powers of Attorney
- Revocable Living Trusts

Because we care Help is on the way

OMMUNIE

alternatives

286 18th Street • Fond du Lac

HOUSE CALLS ARE

OUR SPECIALTY!

Personal Care - Because we can

Short or Long Term

Respite Care

Companionship

Homemaker Services -Short or Long Term

Equal Opportunity Employer

e Are here You Are...

ermatology

www.dermwisconsin.com

of Wisconsin, S.C.

Harbor Haven Health & Rehabilitation

Short-term Rehab Services

- Medicare Certified
- Alzheimer's Care
- Hospice Care
 Mental Health Care/Specialized Services

459 E. First Street, Fond du Lac • 920-929-3522
Serving the Community for Nearly 40 Years!



Your Business

For a price quote call

ANN MARIE GRALL at

1-800-950-9952 Ext. 2484

annmarie@4LPi.com • www.SeekAndFind.com



Shepherd



Philip A. Shepherd

Wills, Trusts & Powers of Attorney 920-933-3600



Knights of Columbus Hall

OPEN TO THE PUBLIC



- Friday Fish Fry
 - Wedding Receptions Banquets & Dinner Meetings

795 Fond du Lac Avenue

Phone (920) 921-1290 Web www.kchallfdl.com

Residential Services, Inc.

Affordable housing for older adults

WE PROVIDE:

- 24-hour supervision
 Caring & trained staff
 Community & home activities
 Family-oriented home setting
 Home-cooked meals
 And more...

LINCOLN HOUSE: 342 Forest Ave. • FRANKLIN HOUSE: 349 W. 11th St call 922-7072



Christopher S. McFarlane DDS Mark J. Ridenour DDS

Services provided: **Dental Implants**

Wisdom Tooth Removal Corrective Jaw Surgery • Oral Cancer Facial Injuries • TMJ Disorders

155 N. Rolling Meadows Drive Fond du Lac, WI 54937 (920) 921-5001

www.omswinnebago.com

PORTLAND SQUARE APAŘTMENTS

NOW RENTING

LARGE ONE BEDROOM APARTMENTS FOR SENIOR AND DISABLED

Rent is 30% of your monthly adjusted income. Convenient, Secure Location, Professional Management Home to Fond du Lac County Senior Meal Site Social Service Coordinator

> Call Today 920-922-2562



55 North Portland St. Fond du Lac, WI





111 Wisconsin Amercian Dr.

Fond du Lac

920-923-0788

Skin Cancer Diagnosis & Treatment

Acne | Rashes | Warts | Psoriasis

Mole & Cyst Removal

Mohs Micrographic Surgery





~ GENERAL CONTRACTOR ~ CONSTRUCTION MANAGEMENT ~ DESIGN/BUILD ~

www.capellediedrich.com ~(920) 921 7830~

St. Charles Cemetery

A Peaceful Country Place on the Ledge

W4287 Golf Course Drive Fond du Lac, WI 54937 921-4381 or 921-0580



* Senior Wellness * Independent Living * Assisted Living * Skilled Nursing Facility

Fond du Lac Lutheran Home | Post-Acute Center | St. Peter's Place Tarfa Terrace Assisted Living | Wellness & Rehab Center DeNeveu Creek Retirement Community

www.lutheranhomesfonddulac.ora 920-921-9520





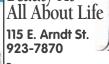
920-922-1779 485 S. Military Rd. Ste 7, Fond du Lac WWW.COMFORTKEEPERS.COM

SOLVE YOUR HEALTHCARE CRISIS Beauty At **Get Your Free Quote Today!**

1-800-348-5915

iCan offers programs that guarantee you will not be turned down for any health-related reason.

st for calling you get a no cost, no obligation Humana Prescription Savings Card! Trusted, Licensed Agents are ready for your cal





OPEN TO THE PUBLIC FREE PARKING & EASY ACCESS

OPEN M-F 9-5 by Appointment



Does Someone You Love **Need Help with Memory Care?**

 Gentle Quiet Alzheimer's Support Community, Safe Residential Neighborhor
Trained Dementia Care Specialists
Secure, Furnished Private Rooms Extended Stay or Respite Care Available

www.khearts.com Call to visit or receive information: 920-946-2295

()KindredHeads

Don't leave these

Fond du Lac

Memorials

651 Fond du Lac Ave., Fond du Lac, WI 54935 (across from Haentze Floral)

(920) 922-5606 • Toll Free 877-494-9072 kschumacher@nahsi.com **Quality Monument Foundations by Ron Steffes**

MEDICAL ALARMS PROTECTING SENIORS NATIONWIDE



- ✓ 25+ Yrs. in Business
- Made in the USA ✓ Monitored in the USA ✓ Lifetime Warranty
- A+ Rated with BBB ✓ Waterproof Button
 - Dr. Recommended Price Guarantee
 - ✓ Tax Deductible*

\$19.95**/Mo. - Holiday Special

Toll Free: 1-877-801-7772

490 N. Rolling Meadows Drive North Fond du Lac, WI 54937-9784 Fond du Lac Decorating, Inc.

AUTOMATED CONTROL/MECHANICAL SYSTEMS

CONTRACTOR

(920) 921-3144

www.jhcontrols.com

CONTROLS

PAINTING & DECORATING CONTRACTORS (920) 922-8051

"Proud to support the Senior Center"

Thomas L. Kraus, D.D.S. Dentistru

35 West Scott Street Fond du Lac. WI 54395 Phone: (920)922-2930 www.tomkrausedentistry.com

advertisers out in the cold. Fond du Lac Plaza

Support them with your business. Find them at SeekAndFind.com



Need a little help delivering your message? **Bulletin Advertising Delivers!**

1-800-950-9952

Call **Ann Marie Grall** today at ext. 2484

Email: annmarie@4LPi.com • www.SeekAndFind.com

FOR RENT - ELDERLY HOUSING

One Bedroom Units • Rent based on Income No Asset Limitations

Westnor Apartments at 653 West Arndt Street. Fond du Lac

Grand Court Apartments at 630 West Arndt Street, Fond du Lac

Heather Meadows Apartments at 235 Winnebago Street, N Fond du Lac

Rosalind Apartments at 15 North Marr Street, Fond du Lac

- Nursing services available to residents free one day a week

- All utilities included in rent except electricity, Free on site parking

- Must be elderly (62+) or disabled
- Fond du Lac County Nutrition Program meal site 5 days a week
- Nursing services available to residents free one day a week

- Must be elderly (62+) or disabled

- Must be elderly (62+) or disabled

- Nursing services available to

residents free twice a month

- All utilities included in rent

- Close to Forest Mall, etc. On City bus route

- Must be near elderly, elderly (50+) or disabled

- Air conditioned hallways and Community Room

- Large TV for resident use in Community Room

- All utilities included in rent, Free on site parking
- Close to Forest Mall, etc. On City bus route

- All utilities paid except electricity

- Free on site parking

Southlake and Ashbury Senior Living

~Heat and Water is Included~ ~Ask about our Specials~ Call (920) 948-3313

Professionally managed by Premier Real Estate



*FREE INFORMATION & REFERRAL

*DISABILITY BENEFIT SPECIALIST

AGING & DISABILITY RESOURCE CENTER

Toll Free:

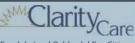
(855-224-7487)

OF FOND DU LAC COUNTY

*OPTIONS COUNSELING AND LONG TERM CARE *INFORMATION ABOUT ELDER ABUSE/NEGLECT

*LINKS TO ASSISTANCE FOR GUARDIANSHIPS & PROTECTIVE PLACEMENTS MONDAY TO FRIDAY 8AM TO 4:30 PM

50 N PORTLAND STREET FOND DU LAC, WISCONSIN (920) 929-3466 OR 1-888-435-7335 adrc@fdlco.wi.gov



Fond du Lac | Oshkosh | Fox Cities

Home Health Services

- Housekeeping
- Errands
- **Meal Preparation**
- Shopping
- **Medication Management**
- **Personal Cares**
- and more!

Plus: RN's, LPN's, CNA's Physical & Occupational Therapy



- www.claritycare.org • 1 Bedrooms
 - Rent based on income
 - Utilities Included*
 - Pets welcome*

*some restrictions apply

MABESS MANOR APTS. (920) 922-2019

Campbellsport, WI. EHO



Recognized by HUD as a High Performer in management and maintenance

- Nursing services available to residents free one day a week

- Close to downtown, hospital, clinics, churches; on City bus route

For more information call: Fond du Lac Housing Authority 929-3107 extension 102 • Monday – Friday 8:00 AM – 4:30 PM



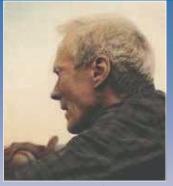
MONTHLY MOVIE Thursday, January 17

11:45 a.m. Lunch (optional)

MENU: Roast Pork Loin, Mashed Potatoes & Gravy, Brussel Sprouts, Applesauce, Sourdough Bread, Oatmeal Raisin Cookie, Milk

12:30 p.m. Movie: "Trouble with the Curve"

WHATEVER LIFE THROWS AT YOU Gus Lobel (Clint Eastwood) has been one of the best scouts in baseball for decades, but, despite his efforts to hide it, age is starting to catch up with him. Nevertheless, Gus-who can tell a pitch just by the crack of the batrefuses to be benched for what may be the final innings of his career. The one person who might be able to help is also the one person Gus would never ask: his daughter, Mickey



(Amy Adams), an associate at a high-powered Atlanta law firm whose drive and ambition has put her on the fast track to becoming partner. Against her better judgment, and over Gus's objections, Mickey joins him on his latest scouting trip to North Carolina, jeopardizing her own career to save his. Forced to spend time together for the first time in years, each makes new discoveries-revealing long-held truths about their past and present that could change their future. Stars: Clint Eastwood, Amy Adams, Justin Timberlake, John Goodman. 2012, Rated: PG-13, 111 min., Drama.

You must register separately for each activity. Call 929-3937 by 1 p.m. on the day before, to register for the FDL Senior Dining Program lunch (recommended donation of just \$3.00 for those age 60 years or older; mandatory charge of \$9.25 for those under age 60). Please call 322-3630 to register to attend the movie so that adequate seating & refreshments can be planned. Movies are free and open to the public. FREE popcorn and refreshments.

Special thanks to Family Video, 32 E. Johnson Street, for generously allowing the Senior Center one free movie rental per month.

PLEASE SUPPORT OUR ADVERTISERS



Home Care Services For All Ages

920-933-5550

www.aboveandbeyondcaresolutions.com

Twohig Funeral Homes

www.twohigfunerals.com

305 Fond du Lac Ave Fond du Lac 109 W. Main St. Campbellsport 920-921-0960

Cost conscience funeral services from full services to cremation Robert J. Twohig Casev W. Twohig Gianna Wachholz Ehlert



All About Life Rehabilitation Center

OUR SUCCESS IS A DIRECT RESULT OF YOUR SUCCESS

Serving the Fond du Lac Community with Our Advanced Rehabilitation Unit

And Our Track Record will Prove It!

Our ARU provides a personalized approach to your recovery. That is why patients select our center for their short-stay rehabilitation needs following their pre-planned surgeries.

Our goal is to get you back home safely!

All About Life REHABILITATION CENTER

115 East Arndt Street Fond du Lac, WI 54935 920.923.7040

www.allaboutlifeskillednursing.com

Call to schedule a personalized tour of our Advanced Rehabilitation Unithelping people live better



Compare

- ✓ High Staff to Resident Care
- ✓ Rooms Located on Ground Level
- ✓ Excellence in Food Preparation & Service
- ✓ Excellent Rehabilitation Therapy
- ✓ Interfaith Religious Services in Our Private Chapel
- ✓ Diverse Recreational Programs

FOR MORE INFORMATION. CALL 920-921-6800

JACK TWOHIG'S CARPET ONE

600 Fond du Lac Ave. Fond du Lac, WI 54935

(920) 921-8940 924 Forest Ave., Fond du Lac

(920) 923-4678

THIS SPACE AVAILABLE

For Information On Advertising, Please Call Our Representative

Ann Marie Grall at 1-800-950-9952 ext. 2484 or Email: annmarie@4LPi.com www.SeekAndFind.com



www.WinkChiro.com

This coupon entitles the bearer to a FREE consultation and x-rays (if indicated) THIS IS A \$250.00 VALUE

CALL TO A BOOK YOUR APPOINTMENT TODAY! (920) 921-4130



FOR AD INFO CALL ANN MARIE GRALL 1-800-950-9952 • www.4LPi.com Friends of Fond du Lac Senior Center

RECREATION

Call 322-3630 for more information about any of these activities. New members are always welcome!

Unless otherwise noted, there is no cost to participate in these recreational activities, but there is a 50¢ requested donation. These donations help defray the cost of programming and operations at the Senior Center. It is a DONATION - and is not required for participation.

ART CLUB

Thursdays at 1:00 p.m.

BINGO

Tuesdays at 1:00 p.m.

Thanks to our Bingo Sponsors who provide prizes, treats, and caller.

1st Tuesday: ManorCare (odd months)

Looking for sponsor (even months)

2nd Tuesday: Comfort Keepers 3rd Tuesday: Walnut Grove

4th Tuesday: Rehab Arisces (even months) Philip Shepherd, Attorney (odd months)

5th Tuesday: CRL Senior Living of Oshkosh

BOOK CLUB

3rd Monday at 9:30 a.m.

January 21 Unbroken

Laura Hillenbrand

February 18 Killing Lincoln

Bill O'Reilly

March 18 The Long Way Home

Karen McQuestion

Book synopses available at front desk.

BRIDGE

\$1 donation

Tuesdays at 12:45 p.m.

For information or to play, call Joan Christ at 921-9526.

Thursdays at 12:45 p.m.

For information or to play, call Hilda Feldmann at 921-2889.

CANASTA

1st & 3rd Wednesdays at 1:00 p.m.

COIN CLUB

2nd Tuesday (May-October) at 6:30 p.m.

CRIBBAGE

Wednesdays at 1:00 p.m.

DANCES

Wednesdays at 7:30-10:00 p.m.

DOMINOES

3rd Wednesday at 12:30 p.m.

GERMAN CLUB

Mondays at 1:00 p.m.

HANDCHIME CHOIR

Wednesdays & Thursdays at 9:00 a.m. Tuesdays at 9:00 a.m.

LINETTES (EZ Line Dancing)

Wednesdays at 9:00 a.m.

50¢ for 2 cards | MODEL RAILROAD HOBBYISTS

2nd Sunday at 6:00 p.m.

PINOCHLE

Fridays at 1:00 p.m.

POKER

Mondays at 1:00 p.m.

POOL

Open Pool daily (8except during league play) Leagues

8-Ball Tuesdays 8:30 a.m.—12:30 p.m. 9-Ball Wednesdays 8:30 a.m.—12:30 p.m.

OUILTING

Flying Geese Quilting Club

1st Thursday at 1 p.m.

Call Nancy at 923-4494 for info.

Sunset Stitchers Quilt Guild

2nd Thursday at 7:00 p.m.

Call Laura at 923-1693 for info.

R.O.M.E.O.

All men are welcome to join the "Retired Old Men Eating Out" for lunch...

Thursday, January 3, at noon

Trinity Restaurant

Thursday, February 7, at noon

Schmitty's Oar House

SCAMP (Senior Center Band)

Wednesdays at 8:30 a.m.

SCRAPBOOK CLUB

First three Thursdays at 10:00 a.m.

\$3.00 fee Char-tastic Crafters

1st & 3rd Thursday from 6-8 p.m.

SHEEPSHEAD \$1 donation

Mondays at 1:15 p.m.

Jack of Diamonds

Wednesdays and Fridays at 1:15 p.m. WRITERS GROUP Black Queens

SKAT

SPANISH CLUB

Wednesdays at 1:30 p.m.

STAMP CLUB

3rd Wednesday at 7:30 p.m.

STITCHERY CLUB

2nd & 4th Tuesday at 1:00 p.m.

SUPPER CLUB

Dutch Treat. Everyone welcome!

You MUST call the Center if attending.

Saturday, January 19

Social: 5:00 p.m.; Dinner: 5:30 p.m.

Gino's Italian Restaurant Saturday, February 16

Social: 5:00 p.m.; Dinner: 5:30 p.m.

Sebastian's Steak House

TOPS (Take Off Pounds Sensibly)

Chapter #1159

Mondays at 5:00 p.m.

Chapter #0566

Thursdays at 6:00 p.m.

WACKY RACES

4th Tuesday at 3:00 p.m. (after Bingo)

Wii BOWLING

Open Bowling by request—call to reserve day

Fridays at 12:30 and 2:00 p.m.

League Play

WINNEBAGO WOODWORKERS

2nd Tuesday from 6:00—8:00 p.m.

General meeting held at the FDL Senior Center

Other Tuesdays from 6:00—8:00 p.m.

Workshop meetings at Horace Mann High School, North Fond du Lac.

Contact Dave Jackson at 923-5233 for more information.

WOODCARVERS GROUP

Mondays at 9:00 a.m.

Fridays at 1:00 p.m.

The Memories Writers meets to share and preserve life experiences and family 13 history. New members welcome!

HEALTH & WELLNESS

TAI JI

The next eight week Tai Ji session begins on February 5. The classes meet on Tuesday mornings from 9–10 a.m. The cost is \$45. Participants should wear loose comfortable clothing and tennis shoes. Friends Membership is



required. For more information please call 322-3630.

WALKING CLASS

Walking class meets every **Monday and Thursday afternoon at 3:45 p.m.** For comfort, wear walking shoes. 50¢ Donation. Winter is good time to join some indoor exercise class. You will get a good mile workout each time you come. Each session focuses on one of five different body areas.

EXERCISE CLASSES



Mondays 8:55 – 9:25 a.m.
Sponsored by All About Life
Men & Women
Welcome!

EXERCISE VIDEO

Wednesdays 10:15 – 10:45 a.m.

Video furnished by Lutheran Homes and Health Services

ZUMBA GOLD AT THE SENIOR CENTER

Kirsten Quam conducts Zumba Gold classes on **Monday evenings from 5:30 to 6:30 p.m.** The cost is \$5 for walk ins or a ten class punch card for \$40. Call 920-606-9078 for more information.





COUNTRY LINE DANCING FOR BEGINNERS

Did you resolve to get in shape in 2013? Check out our Saturday Country Line dancing classes—meeting the first three Saturdays of every month from 10—11:30 a.m. Dates for this month:

January 5, 12 and 19 \$7.50 for the three sessions. This class is geared for beginners. Register at the front desk.

OTHER EXERCISE

HikersTuesday & Thursday mornings
Line DancingThursdays 6—7:30 p.m.; \$10 for 4 weeks
Water Exercise Daily 8 a.m. at the Aquatic Center
\$3.75 per session

HEALTH SERVICES

BLOOD PRESSURE TESTING

Sponsored by All About Life

Friday, January 11; 9—10 a.m. 2nd Fri. of the month No appointment needed. Donations accepted.

BLOOD SUGAR TESTING

Sponsored by Lutheran Homes & Health Services

Friday, January 11; 9—10 a.m. 2nd Fri. of the month No appointment needed; Donations accepted. 12-hour fast is required.

CHOLESTEROL SCREENING

Sponsored by Consultants Lab – A member of Agnesian HealthCare Lipid Panel + Glucose screening

Tuesday, February 12; 8:30—11 a.m. 2nd Tuesday in February, May, August, November

Cost: \$20; Call 322-3630 for appointment. 12-hour fast is required.

FOOT CARE (ROUTINE NAIL CARE)

Sponsored by FDL County Health Department

Thursday, January 10, 17, 31

Cost: \$20; Call 322-3630 for appointment.

HEARING SCREENING/HEARING AID CLEANING

Sponsored by Avada Hearing Care Center

Friday, February 8; 8:30—10 a.m.

2nd Friday of even months

FREE Hearing Screenings and FREE Hearing Aid Cleanings Call 322-3630 for appointment; Donations accepted.

MASSAGE, REFLEXOLOGY, IRIS

Renee Waters, Certified Massage Therapist & Naturopath; Owner of Country Doctor

Tuesday, January 22; 10 a.m. through the day Usually 4th Tuesday of the month

Cost: \$20 for 30 minute session; Call 322-3630 for appointment.

VITAMIN D TESTING 250H Vitamin D test

Sponsored by Consultants Lab - A member of Agnesian HealthCare

Tuesday, February 12; 8:30 — 11 a.m.

2nd Tuesday in February, May, August, November Cost: \$40; Call 322-3630 for appointment.

SUPPORT GROUPS

DIABETIC SUPPORT GROUPS

Saturdays of every month from 10—
11:30 a.m. Dates for this month:

Monday, January 7, 5:30–6:30 p.m. (1st Monday of the month)

Agnesian Health Care, 430 E. Division St., 6th floor meeting room

Tuesday, January 15, 4—5 p.m. (3rd Tuesday of the month)

January 5, 12 and 19 \$7.50 for the three sessions. This Aurora Health Care Center, 210 American Drive, American Room

GLUTEN FREE SUPPORT GROUP

Next Meeting: Friday, January 18, from 9—10 a.m. Call Jean at 322-3636 for location.

PROSTRATE CANCER

Tuesday, January 8, at 8:30 a.m. (2nd Tuesday of the month)
Rolling Meadows Family Restaurant, 947 S. Rolling Meadows Drive **PARKINSON'S SUPPORT GROUP**

Monday, January 14 from 10-11 a.m. (2nd Monday of the month)
Aurora Health Care Center, 210 American Drive, American Room

HEALTH & WELLNESS



Friday, January 11, 2013
Start out 2013 with free health screenings.

9—10 a.m. Note new time!
Blood sugar screening by
Lutheran Homes & Health Services
Blood pressure by All About Life

DVD 9:15 to 10 a.m. "Resistance Training and Weight Training" Dr. Anthony Goodman explains how muscle groups are strengthened when you push them beyond your comfort level.

Odd Bingo 10—11 a.m. Put on your favorite scarf or hat and join us for a fun game of bingo based on the SNOW theme. If you missed bathtub bingo, mark your calendar, you don't want to miss this fun activity sponsored by the Senior Wellness Coalition.

SENIOR WELLNESS MORNING Friday, February 8, from 9—11 a.m. <u>Health Screenings</u>: 9—10 a.m.

- Blood pressure by Hearland Hospice
- Blood sugar (must fast) by Lutheran Homes & Health Services
- Hearing by Avada Hearing Care Center

Booths and Demo: 9-10 a.m.

Speaker: 10 a.m. Dr. Heather Schmidt, a family medicine physician at Fond du Lac Regional Clinic West, will explain how "Good Health is Within Your Grasp." Her presentation will include a cooking demonstration. Please call 322-3630 to register. Refreshments. Sponsor: Agnesian Healthcare

LOOK GOOD...FEEL BETTER

Wednesday, February 13; 10—12 a.m. The American Cancer Society sponsors "Look Good...Feel Better" programs at the Senior Center. This is a free program created for women of any age undergoing cancer treatment to look



good and manage treatment and recovery with greater confidence. Each participant will receive a complimentary beauty kit with cosmetics donated by top name companies. If you know a lady going through treatment, tell her about this beneficial program. Advance registration is required. Please call the American Cancer Society toll free at 1-800-227-2345.

♥ HEART TREE DEDICATION **♥**

Please mark your calendar for the heart tree dedication on Thursday, February 7, at 10 a.m. Music provided by the Senior Center Hand Chime Choir.

Seeking Clients for the Outreach Program

We have several new Senior Outreach Volunteers—both men and women—who are trained and eager to work with lonely seniors. If you or someone you know is homebound,



lonely, needs help finding community resources, or just wants a friend to spend time with, you can refer them to the Senior Outreach Program. Please call 322-3636 with questions or for a referral form. There is no charge for this program.

SENIOR OUTREACH PROGRAM

Reaching Out - Touching Lives



COMMUNITY CARES

Volunteers will make a visit to All About Life Rehabilitation Center, 115 E. Arndt Street, on Tuesday, January 29, from 2—3 p.m. Volunteers go to a different local nursing home



or assisted living facility each month to visit residents who have few visitors. You will be paired with an experienced volunteer for these one on one visits. A small gift will be furnished to give the resident. Volunteers can be any age. Please call 322-3630 to sign up or if you have questions.

SENIOR OUTREACH PROGRAM

Volunteers will meet on Thursday, January 3, at 9 a.m. to turn in reports and provide support and information. Then, at 10 a.m., Everest Brooks, Psychiatric Social Worker with the Department of Community Programs will join us to speak on the topic "If I Can't Facilitate Change, How Can I Change Myself?" Everest is a member of the Senior Outreach Advisory Board and will address concerns that have been raised by volunteers.

The Senior Outreach Program is funded in part by:

Friends of the Fond du Lac Senior Center Fond du Lac County Department of Community Programs Fond du Lac Area United Way; Fond du Lac Area Foundation

RED HAT HONEYS

THE FDL SENIOR CENTER CHAPTER OF THE RED HAT SOCIETY

To learn more about Red Hat Honeys activities, you must pick up a newsletter at the front desk, or request to get on the Red Hat e-mail list. The Chapter is open to ladies of all ages and the \$5 membership is on-going.

REMEMBER TO RENEW YOUR RED HAT MEMBERSHIP WHEN YOU RENEW YOUR FRIENDS MEMBERSHIP. It helps us!

Red Hat Honeys CARE—Adopting Touchstone

Some of the members of the Red Hat Honevs are volunteering to visit residents at Touchstone Living Center who do not get many visitors. They will be going there for one hour, once a month. After they finish visiting, the Red Hatters will have a Dutch treat lunch at a nearby restaurant. Would you like to be a part of this group? You may only need to participate a couple of times a year if enough Red Hatters join the group. Sign up in the 3-ring binder if you are interested. The visits will officially start in January. Check the binder for the January date and time and to register.



Hard Times Royal Rummy is Back Friday—January 18 from 1:30-3:30 p.m.

We need activities for 2013. Please help!

SERVICES

- Free computer/Internet access in Lab & Lobby for members only
- · Information or referral on many senior citizen related topics
- · Car Fit service available by appt—have a perfect fit to your car
- Photo copies 5¢ each page; FAX send/receive; Laminating
- · Document shredder available for your use
- Income tax assistance (free) during tax season
- Books, magazines, puzzles, videos available to borrow FREE
- · Weight scale in Health Room
- Newcomer tour: Call for a personal appointment or just stop in
- · Magnified reader for visually impaired or for reading fine print
- Telephone Reassurance Calls: Mornings (Monday—Friday)
- This 'n That Craft Shoppe open weekdays 9 a.m.—4 p.m. Craft Intake held every Tuesday from 9:30 a.m.—1:00 p.m. Crafters welcome to inquire about consignment opportunities
- FDL County Department of Senior Services Dining Program Meals served at Senior Center Monday—Thursday at 11:45 a.m. Reservations for meals are made by calling 929-3937 and MUST be made by 1 p.m. the day before you will attend. Menus are available at the front desk. Suggested donation of \$3 for those 60 years of age or older or married to someone 60 or older; required fee of \$9.25 for those younger than 60.
- FDL County Department of Senior Service Benefit Specialist Julie Hilbert can be reached at 929-3521.

THIS 'n THAT

Craft & Gift Shoppe

OPEN TO THE PUBLIC Monday—Friday 9 a.m.—4 p.m.

The Craft Shoppe will be **CLOSED** for inventory from **MONDAY, DECEMBER 24.** through WEDNESDAY. **JANUARY 11.**



We look forward to seeing you when we re-open on THURSDAY, JANUARY 17!

REMINDERS

MOVING? "SNOWBIRDING"?

If you have recently moved or will be temporarily away and have asked the Post Office to hold or forward your mail,

PLEASE CALL THE RECEPTION DESK at 322-3630 TO LET US KNOW! Because of our bulk mailing status for our Among Friends newsletter, any



newsletters that cannot be mailed will be returned to the Senior Center and will be charged to the Center. We have been getting many newsletters back each month and this can be quite costly. Thank you for your cooperation.

WICKED WEATHER-inclement weather policy

Winter is here and that means possible adverse weather conditions. When the Fond du Lac School public schools are closed, the Senior Center will also be closed. This means that

that programs, classes, and activities at the Center will be cancelled. On days of school delays, the Senior Center will open at 8 a.m. as usual. Be sure to listen to KFIZ 1450 AM for any announcements. In all cases, use your best judgment when coming to activities at the Center. Remember, our parking lot takes time to clear and always call if you're uncertain about a program. Above all-STAY SAFE!



SOUP DRIVE OVER 2500 CANS COLLECTED!

The Soup Drive to benefit the Salvation Army Food Pantry continues. Please drop your donations in the large soup pots located in the front and back lobbies. Because the Salvation Army helps feed almost 400 families each month, the soup has been deeply appreciated, SOUPER especially in the cold winter months.



WARM THE HEARTS AND SOULS OF THOSE IN NEED... **KEEP THOSE CANS COMING IN AND THANK YOU!**

CLASSES & CROPS

ART & RECREATION CLASSES

Several art and recreational classes are offered at the Senior Center. Registration for these classes is required—register at the front desk. Payment is expected at that time and can be made with cash or check made payable to Friends, Inc.

Class	Day	Time	Weeks	Cost
Oil Painting	Tuesday	10 a.m.—noon	4	\$15
January 8, 15, 2	22, 29	February 5, 12,	26, Marc	h 5
Watercolor	Tuesday	1—3 p.m.	4	\$15
January 8, 15, 2	22, 29	February 5, 12,	26, Marc	h 5
Mixed Media	Tuesday	3—4:30 p.m.	4	\$10
January 8, 15, 2	22, 29	February 5, 12,	26, Marc	h 5
Drawing	Wednesday	6—8 p.m.	4	\$15
January 9, 16, 2	23, 30	February 6, 13,	27, Marc	h 6
Country Line Dancing	Thursday	6—7:30 p.m.	4	\$10
January 3, 10,	17, 24	February 7, 14,	21, 28	
Beg. Country Line Dancing	Saturday	10—11:30 a.m.	3	\$7.50
January 5, 12, 19	9	February 2, 9, 16	5	
Singing	Wednesday	10—11 a.m.	6	\$25
February 8, 15,	22, 29, March 7, 14	April 3, 10, 17, 2	24, May 1	, 8

SCRAPBOOK CROPS ×--×--×

- Kim Stern has a Scrapbooking Crop scheduled at the Senior Center on January 26, from 9 a.m. to 9 p.m. All skill levels and all ages are welcome. The \$18 registration fee includes lunch and dinner, a "make & take" and a large space to scrapbook away. To register: Kim at 517-1108.
- Danielle Mader will hold a Scrapbooking Crop at the Senior Center on February 23, from 9 a.m. to 11 p.m. The \$20 cost includes lunch and dinner, and a large space for scrapbooking. To register: Danielle at 517-3496.

Other 2013 dates for Saturday Scrapbook Crops at the Senior Center: March 23, April 27, May 25, June 29, July 27, August 24, September 28, October 26 and November 23.

CARD MAKING CLASS

Tuesday, January 8 3 sessions to choose from: 3:15-4:45 p.m., 5:15-6:45 p.m. or 7-8:30 p.m.

Make three beautiful cards for \$6 or cards and class is FREE if you place a minimum \$15 product order towards making your own cards! In January we'll be making cards with new SPRING Catalog materials! Bring your own scissors and adhesive if you are able.

To register, please contact Jana at 920-979-5262 or email stampinjana@charter.net

COMMUNITY

SENIOR DINING GROUP

The Fond du Lac Senior Dining Group invites all men & women 55 and older to join them on Tuesday nights. The group meets weekly for dining., with cocktails at 5:30 p.m. and dinner at 6:30 p.m.

January 8	Sebastian's	77 S. Main St., FDL
January 15	Oscar's	156 Western Ave., FDL
January 22	Schreiner's	168 N. Pioneer Rd., FDL
January 29	Coliseum	91 S. Main St., FDL

For more information on the dining group, please call Max at 920-269-4180 or Mary Jo at 960-2532.

TAYLOR PARK WINTER PARTY

Sunday, February 10 American Legion Hall **EVERYONE'S WELCOME TO THIS ANNUAL EVENT!**

Meet up with old friends and new, help keep our Taylor Pool alive and celebrate what the Friends of Taylor Park & Pool have accomplished so far.

Arrive at noon for social hour, dinner at 1:00 p.m. catered by Boda's, followed by entertainment with Joe Schiblinger & Janice. Please call Nancy Smet at 922-0430 as soon as possible to make your reservation. Cost is \$15.00 per person.

NEWS FROM THE ADRC

Aging & Disability Resource Center

50 N. Portland Street: For more information call 929-3466

Do you have questions about Long Term Care programs and services for the Elderly or Disabled? Are you worried about a loved one with Alzheimers/Dementia? Confused about medications you're taking? Worried about falling? Make ADRC your first call for info & resources.

ALZHEIMER'S REPRESENTATIVE

Wednesday, January 2 ● 10 a.m.—12 p.m. ● ADRC ● FREE

Whether you are a family member, friend, or person with memory loss, you can meet one-on-one with the Alzheimer's Representative. Get answers to your questions concerning memory loss, diagnosis, treatment options, coping with changes and planning for the future. Appointments appreciated by calling 920-838-1311— but drop-ins are welcome.



Wednesday, January 23 9-11 a.m.

FREE one-on-one confidential medication review with a Walgreen's pharmacist, sponsored by Walgreen's Pharmacy and the ADRC. Bring a bag with all the prescription medications,

herbs and over-the-counter drugs you currently use, as well as a list of questions or concerns. You do not need to use Walgreen's Pharmacy to take advantage of this opportunity. Please call 929-34600 for an appointment time and location. *No pickup or discarding of personal medications will be done during this consultation. 17

NOMINATIONS FOR THE FRIENDS BOARD OF DIRECTORS

The Friends Annual Meeting will be held on Friday, January 25. At that time, the Friends nominating committee will present a slate of candidates to fill 5 board vacancies. Additional nominations can also be made from the floor. Voting for this election will take place at the Annual Meeting. If unable to attend, Friends members can pick up an absentee ballot at the front desk prior to the meeting. See the front cover of this newsletter for details about the annual meeting luncheon. To date, there are 5 nominations for the 5 openings on the Board—all are incumbents who have just completed their second two-year term:



KATE BARR Kate, a member of the Senior Center since 1999, volunteers as a receptionist at the front desk on Monday afternoons. She is active in the local AARP Chapter, currently serving as President. She also is an active volunteer for Holy Family Church. Before retiring, Kate was employed by Fond du Lac County, where she was the Criminal Court Clerk. She and her husband Eugene have five children, 13 grandchildren, and four great-grandchildren. She enjoys

being active at the Senior Center, and currently serves as Secretary on the Friends Board of Directors.



SUSANNE DENNIS A member of the Senior Center since 2006, Susanne has enjoyed meeting new people through volunteering, especially as a cashier in our This 'n That Craft & Gift Shoppe and as a member of the Friends Board and Happy Travelers Travel Committee. Before retiring in 2008, Susanne had a 30-year career as a school teacher, principal, and college professor. She has three grown children and four grandchildren and enjoys reading, traveling, aerobics, line

dancing and needlework in her spare time.



JERRY GORDON Jerry is a retired school teacher, teaching automotive classes at Goodrich High School for 30 years. He also worked 5 years as a welder at Brenner Tank. For over 25 years, he has been very involved in the Fondy Vintage Auto Club, serving various capacities such as President and Chairman of the Board. He active in his church and is also involved with the Car-a-Fund Charity Car Show, which raises funds for With A Little Help, Inc., a charitable organization whose goal is to expand recreational opportunities for adults with

muscular dystrophy and related neuromuscular conditions by providing summer camps and other recreational activities throughout the year. Jerry can frequently be found in the Senior Center's pool room where he enjoys shooting with the guys.



IRV PEA Irv was self-employed in a retail appliance sales and service and electrical contracting business in Oakfield for 45 years. He is a charter member of the Oakfield Lions Club and presently is involved in their eye transporting program. Irv served on the Oakfield Village Board for 22 years, including 12 years as President. He currently volunteers at the Salvation Army and serves as treasurer at his church. He has been happily married to his wife, Arlene, for over 55 years. He enjoys

playing pool at the Center and helps out with the brat fry fundraisers.



RUTH SMITH Ruth has been an active volunteer at the Senior Center for more than 15 years. She is a cashier in the Craft Shoppe, helps out at the summer Piggly Wiggly brat fry fundraisers, and assists with bake sales or in the kitchen for special events at the Center. Ruth gives freely of her time, helping anyway she can. Active in the Book Club and Wii Bowling at the Center, Ruth has also taken classes and attended a variety of programs. She enjoys serving on the Friends

Board because she feels the Senior Center offers wonderful opportunities for seniors and would be honored to serve another term on the Board.

LET'S BE FRIENDS!

It's a brand new year...a year that promises to be filled with great opportunities at the Fond du Lac Senior Center. Let's make a resolution to make this year the best yet!

How can YOU help? What can YOU do? Well, if you haven't already...it's time to

RENEWI



Here's to a bright and shiny New Year And a fond farewell to the old. Here's to the things that are yet to come And to warm memories we hold.

Here's a toast to our Friends, Both far and near. May you always remain faithful and dear.

Not sure if you've already renewed for 2013? Look for your renewal date on the mailing label of this newsletter. If it says 01/01/13, you have not renewed. If it says 01/01/14, you're all set for another year, so how about sharing the membership form on the opposite page with one of YOUR friends who is NOT one of OUR Friends... yet? After all, we can never have enough Friends.

If you have picked up this newsletter from one of our drop-off places around town, we invite you to become a Friend of the Fond du Lac Senior Center (see form on opposite page) and then the newsletter will be mailed to you each month.

2013 FRIENDS MEMBERSHIP APPLICATION

2013 membership valid NOW through December 31, 2013

To join the FRIENDS of the FOND DU LAC SENIOR CENTER or to renew your membership, please complete this application and return it to the Fond du Lac Senior Center. <u>Membership is on-going throughout the whole year</u>.

Please make check payable to: "FRIENDS, INC."

Fond du Lac Senior Center 151 E. 1st Street Fond du Lac, Wisconsin 54935

PLEASE PRINT CLEARLY as all information is entered into the computer by a volunteer.

ILLAGETI	MINI OLLAILI	as all illioinfation is entered lifto the	computer by a voluntee	1.
NAME(S) (both, if couple)			
ADDRE	SS			
CITY, S	TATE, ZIP			
PHONE				
BIRTHE	DATE (optional)			
E-MAIL	(absolutely confidential)			
CITY R	ESIDENT?	☐ City of Fond du Lac	Other:	
CHOICE	OF SUPPOR	T:		
□ \$10.00 □ \$15.00	Single Couple (Husb	and and Wife)	(va	013 membership lid NOW through ecember 31, 2013
□ \$	they could afford. A \$10 \$19,000 cost of utilities	0,000 donation has been made each ye	ar in the fall by the Friends who helped with donations	ow, we have asked members to give \$25 or whateves Board of Director to City Council to help cover the s. Almost \$5,000 in donations came in last year and much appreciated!
□ \$50.00	Senior Center. This spe Dine Out Coupon Book	ecial membership helps with the day-to- in appreciation of your fantastic donation	day operation of the Centern. You can pick it up at the	our \$50 donation to the Friends of the Fond du Lac er and is much appreciated. You will receive a 2013 the front desk. The <u>FANTASTIC FRIENDS</u> to Friends to help with the operation of the Center.
□ \$100.00	to the Friends. Recognic Coupon Books with our or couple membership	ition of your support will be in the Senic	or Center's October newsle The front desk. The FABUL Ids of the Fond du Lac Sen	
		OSED (Utility Donation as a 501(c)(3) nonprofit organization, you		ership can be on the same check.)
required Friends r	membership is paid to a	avoid confusion. Friends membershi	ip, utility donation, and F	The \$5 dues should be paid at the same time Red Hat dues CAN be on the same check. For . We always welcome new Red Hatters!
		FOR OFFICE	USE ONLY	
DATE PAID		CASH	CHECK	CHECK#
□ NEW 20°	13 Member	Renewal	Reception	nist Initials
☐ FANATA	STIC FRIENDS \$5	60 ☐ FABULOUS FRIE	ENDS \$100	UTILITY DONATION: \$
Received	Among Friends N	lewsletter Received Hap	ppy Travelers Info	☐ Red Hat Dues also paid (purple form
				JANUARY NEWSLETTER 1



NON PROFIT ORG
U.S. POSTAGE
PAID
FOND DU LAC, WIS
PERMIT NO. 129

ADDRESS SERVICE REQUESTED

FOND DU LAC SENIOR CENTER 920-322-3630

STAFF

DIRECTOR

Dottie Winkelmann 322-3630 dwinkelmann@fdl.wi.gov

ASSISTANT DIRECTOR

Judy Lange 322-3633 jlange@fdl.wi.gov

TRAVEL COORDINATOR

Doris Zimmermann 322-3635

WELLNESS COORDINATOR

Jean Holzman 322-3636

OFFICE COORDINATOR

Vickie Michels 322-3639

CRAFT SHOPPE COORDINATOR

Patsy Lefeber 322-3638

PROGRAM/OFFICE ASSISTANT TOUR DIRECTOR

Mary Schneider 322-3640

FRIENDS BOARD OF DIRECTORS

Jim Sabel, President
Mary Kind, Vice President
Kate Barr, Secretary
Ron Zarling, Treasurer
Susanne Dennis
Jerry Gordon
Charlotte Nelson
Irv Pea
Ruth Smith

Fond du Lac Senior Center is a member of WASC

Wisconsin

Association of

Senior

Centers



SENIOR CITIZEN ADVISORY COMMITTEE

Betty Blank, Chair Mary Kind, Vice Chair Vivian Gorden, Secretary Sr. Angie Behen Kathryn Curran Joyce Dille Councilman Jim Sabel Donna Jean Trapp Judi Walters

MISSION

The Fond du Lac Senior Center is dedicated to enriching the social, physical, emotional, and intellectual well-being of seniors in the community.

♥LCW



Visit us online: www.fdlseniorcenter.com

Stay up to date with everything happening at the Center! "Like" us on Facebook for pictures, contests and more! Facebook.com/FondduLacSeniorCenter

